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THE NATURIST LIFE — A SOUNDER FORM OF LIVING!

R. Green

The battle-field of the nudists

"There is nothing new under the sun". This is an ancient proverb, and its applicability doesn't fail neither in this case-thinking of so called nudists parks, because even the ancient gymnasiums in the ancient Hellas were exactly what we mean by nudists parks. In spite of that we might say that a nudists park is something rather unique in our days. Outside London at Hertfordshire the English nudists have succeeded in realizing the idea of such a field, and have been so successful that it is very near the almost unreachable ideal.

To travel on the dusty road by car or bicycle can hardly be a pleasure for anybody. In the first place you have to wear clothes however warm it may be, and a high-road, even if it is beautifully situated, can never give you the wonderful feeling of freedom that embraces a man, when he leaves the high-road and the noisy traffic behind himself. Just in that way you will reach the English nudist park at Hertfordshire. It is situated in a little woody area, where you also find little meadows and ponds. Besides the bush vegetation is very rich and gives a good protection against the cold winds.

For the outsiders and the people who are initiated naturally there are many questions to be answered in this connection. "Of what does a nudist park consist", most people may ask. Well, what do you find, when you come to a nudist park? We should say that you find everything that has to do with open air life. The establishment, for we can really call this well organized English nudist park an establishment, has swimming pools and nice places for sun-bathing and around these big playgrounds for children and grown up people. There are possibilities to practise almost all kinds of sport and games. There are also good parking places for the cars, and there is a bar where you can get food and refreshments. You will also find excellent camping-places, but you can also get a bed for a night or a longer time, if you wish. In few words: a nudist park like this is not inferior to any other establishment of open air character. A nudist park is nothing special in itself. The special is the fact that the people there are stark naked.

It seems that staying on a little spot together with a lot of other people wouldn't have any special effect upon us, but however, that is just what is has. Everybody who has been at a nudist camp has felt this freedom that is so "special". It is the agreeable feeling of freedom that is the most important part of the notion of relaxation.

It is possible for the visitors of the nudist park at Hertfordshire to spend the whole afternoon in London, if they wish to do that. And still there is the possibility to spend the morning and the forenoon

together with friends, walking in the wood or having a refreshing bathe.

"Back to Nature" is a notion that for the average man means more or less the same as going for a walk round the block now and then. At least you get that opinion, if you study the everyday habits of the towns-people. It is surprising that it is like that. Therefore the idea of the nudists parks outside the big cities has got a mission to fill. The idea of getting back to Nature is not the same as going back to some kind of habits of wild animals which some libellers try to assert, analyzing the notion of Nature. To go back to Nature completely is quite impossible in our modern community, but we can take advantage of every little opportunity that exists to maintain the contact with Nature. But this contact naturally has to be maintained in a way that doesn't disturb the relation between Man and Nature. When you associate with Nature, you have to be natural in the right meaning of this word, and to be natural is more or less the same as to be oneself, to feel happy and harmonious and above all to feel free. The nudist parks could give everybody the possibility of being natural in such a way. The nakedness may here make a symbol for the feeling of being free. The freedom is what leaves its mark on everything in a nudist park. Yoy are not under any obligation. If you want to swim in the fresh water of the swimming pool, you may do it, it is open for everybody. If you prefer to retire to some corner far away in order to spend some hours together with your favorite author, you may do that too. Maybe somebody remarks that it would be strange, if you couldn't do as you wish. Of course it would be strange, but go to whatever place you like, to a summer resort or something like that, and you will find that you can't dispose of your time freely. There are so many regulations that disturb the pleasure for the vacationing people. In a nudist park, on the contrary, there are very few regulations. Among other things there is a rule that you are naked, and that you respect a general wish to keep the place as clean and uncluttered as possible. There are naturally some small restrictions. Among other things loose dogs are not permitted in the very field. That is reasonable, but in an establishment well organized as this one at Hertfordshire there is also a small place for the dogs near the parking place.

"Here in Sweden" where the freedom is very much appreciated we should need a little more interest for establishing nudist parks. That would stimulate the interest for the nudist movement to a much higher degree than what is the case at present. The interest exists here and there, but the courage to acknowledge this interest is missing. This is quite natural. In a nudist park you don't need any special

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courage, because once there you have only to do just the same as all the other people. You don't need to behave in some special way. It is enough, if you are yourself, because that is the aim. Maybe that is the most important thing, when you talk to a person about the nakedness as something natural. Nobody wants to deny that it is natural in itself, but the time has taken us to that point that this condition which seems natural to everybody is looked upon as inappropriate. This opinion is a wall that forms an invincible obstacle, but if you can't come over it, maybe you could go round it and in that way find the way to the other side. Such a circuitous movement is the establishment of nudist parks. A large number of people are offered the possibility to experience the wonderful feeling of nakedness and freedom without offending the general public. We don't need an establishment of the same eminent class as that one outside Iondon. It could be much more simple. If only we have an adequate area, where the general public doesn't need to feel embarrassed, then we have all that we need. In the Hertfordshire- park you have a restaurant, gymnastics and a game-leader and excellent cousts for different ball-games. This is very good, and I am sure that every nudist park in the future will show some form of the organization that you find in the Hertfordshire-park. To organize a perfect establishment all at once costs enormous sums of money but in course of time you can get man ythings to a cheaper price. It has to be made clear that if the person who organizes the establishing of a nudist park, looks at it only as a possibility of making money, then we are on the wrong line. It is natural that everybody who is helpful should be rewarded or paid for it, but his intention must not be to make as much money as possible. The simply human interests should be put in the foreground. Naturally there are always economic facts to be considered, but they have to be outdone. The movement which is called the nudist movement or the sun-sports-movement or something like that — they have all the same aim — are always under supervision. It is therefore you have to remove the dominent importance of money, because where it exists, it is very easy to neglect the essential thing. That might damage the reputation of the movement.

"The Battle Field of the Nudists" we put as a heading of this little article which actually should have presented the mentioned establishment outside London. How-

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ever the thoughts fly easily — preferably upwards — and we wanted to describe it in broad outline. We wanted to try to make our readers to understand that if we talk about nudist parks and similar things, we have always a special meaning with it. We want, just as our readers, that the thought and the idea which is the driving power behind, shall have the opportunity to exercise an influence upon a larger number of people. We want people to start talking about the nudist idea, we want people to understand that the establishing of nudist parks is not a matter that concerns just a little circle of people, but the fact is that everybody who understands us, he should also know that maybe just he bas a possibility to organize a little nudist park together with his friends. If you are interested in something, you naturally want to talk about it. Do that, if you are interested in the thought of forming a nudist camp or a nudist park. As we already said, there are many people who are interested, but there are only very few who have the courage to admit their interest to other people. But if he finds a sympathizer, then he speaks freely out of his heart, and on the way to the "battle field of the nudists" you have found one traveller more.

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Necessary physical culture

Spiritual culture and physical culture are twin powers. You can't think of one of them without thinking of the other too. Wilhelm von Humboldt once said that the true aim of Man should be to reach a wholeness through the highest and most proportional education of his powers. It is evident that this aim can be reached only by an equal culture of the body and the spirit. However often it may be mentioned, the ancient Latin phrase remains true that a healthy soul can live only in a healthy body.

Do you want to get for yourself the greatest value of Life: the resisting power, do you want to remain active and inexhaustible in your old age, then you have to keep your body healthy and young. It is a fatal and frequently occurring fault to cultivate the soul and neglect the body. This onesidedness brings its own punishment without doubt, to some people early, to others later on. One day the soul fails, because the body doesn't maintain it any more. For soul and body belong to one another.

It is nice to know that you have a body that is strong and elastic and that conquers every resistance. This fact contributes very much to the happiness of Life.

And what is more: Paul calls the body God's temple. By that the body is sacred, and we have to keep it sacred.

This means many things. In the first place pureness. There is a phrase with an immense profoundness and truth: "Blessed are those who are pure in heart, for they shall see God". Only those who are pure are able to get all kind of beauty and greatness. They alone can enjoy the greatest happiness: to see God in spirit and truth.

The frightful impurity that we find today has very much to do with the ignorance. If young people only had the slightest idea about what it means to be obliged to go around with a languishing body, to be decieved of every beautiful happiness, every pure pleasure, every sound power in life — then they would get a completely different resisting power, a different opinion about morality.

Abstinence is another thing that belongs to a proper physical culture. Abstinence is an excellent virtue. It accepts everything, if you face it with an aristocratic control.

The one who raises his voice against every form of alcohol use by physical principles of health ignores the stimulation and the physically restorative influence of for instance the wine. The liberal man appreciates the virtue that exists in the wine and takes it as a God's gift. But it is easy for him and something natural not to take a single sip of alcohol of whatever kind for weeks or months. He neither needs to make any vows. To him they don't seem to be worthy of the liberty.

The same thing is applicable to the eating. A meal, far from luxuriance, pre-

pared with love and with good taste, put on a table adorned with flowers, can be something more than a necessity to support life, it can be a real art enjoyment.

Generally we eat too much, too quick and too thoughtless. The one whose most important question is: "What are we going to eat? What are we going to drink?", he will soon apply the device of the materialism: "Let us eat and drink, to-morrow we will die!" — And what is then left of Life as masterpiece?

But real physical culture means more than that. Four words tell what it is: Sports, air, water and sun.

The sports have a good reputation, not only among their adherents. They are a good safeguard against the repulsivenesses of life. They train and strengthen not only muscles and nerves, but also the soul. Youth without sports is a body without sinews.

Every kind of sports is sound and healthy. The one who has no other opportunity to practise sports should do his physical exercises both during summer and winter, in warm and cold weather, before an open window or out in the open air and not forget it for one single day. You should start carefully and then gradually increase the intensity. You may choose the exercises you want. Which they will be is rather indifferent. But you need energy for that. Therefore it also gives you energy.

Air is for every man not only healthy but necessary. To do without it is to deceive oneself of the pleasure of life. Every man, specially the indoor-worker has to devote as much time that he can move in the open air at least a short while every day.

Water and sun are great but also dangerous remedies. One has to know how to use them.

Water is not as air the element of man. So many people forget that and they are surprised when a cold bath, that is to be taken as short as possible, debilitates their body more than strengthens it, and doesn't enhance their working capacity but reduces it.

But where in the whole world do you find anything so refreshing and inspiring as a properly enjoyed cold bathe, to swim out from the dust and heat of the day towards a mysterious, enticing remote distance.

And then the sun! To lie down naked, pleasantly stretched out under the wonderful, smiling sun, to drink its warming rays and let it irradiate the body, feeling its healing work in every pore, not see anything, not ask about anything, not to want anything else than the sun and the blue sky, where some light white clouds move like light dreams or which cloudless extends above you like a big radiant tent!

It sweeps away all worries and makes you happy and free again. It removes all evil thoughts and thus does exclusively good.

Or it doesn't entail anything, just let you dream about the sky and the sun, let you hope and be perfectly happy.

To lie down naked for a long while, extended in the sun, not wanting anything, not knowing anything and besides be half-sleeping and dreaming, letting the dear, light rays shine on your body so they penetrate into the soul, that is the most beautiful thing in the world — it is a paradise-like condition to be lifted on the wings towards the sun and not be repressed and restrained by the hardship of the earth.

THE MAGIC OF THE SUN

Werner Zimmermann
II

For the small children this feeling of shame over God's gift of the body is still unknown. It is even very difficult to make children understand why the body should be hidden. And still it happens to almost all of them. They are forced by the circumstances to be ashamed of their body. What a sad fact! And they are subject to many sad influences. The free soul is anxious and dark shadows hide the sunlight from the heart. Distress has been forced upon them.

There are not many things that can strike lots of both educated and uneducated people with such a terror and call forth such a distinct deprecation as the fact that a man bathes naked, and that he is not ashamed of it.

A man like that is looked upon as a "danger" to the young poeple's moral, particularly if he admits his "horrible" action. People warn, tell terrifying stories and the mothers worry about the fates of their daughters.

But is this little garment that is called bathing-suit of so much use really? Does it separate the good things from the bad ones? It thi man who dares to bathe naked really so "dangerous"?

The one who appears naked in the open air, even if he takes every caution in order not to be seen by other people. does something that diverges from the usual habit. This opinion is current in almost the whole Europe. He is a rebeller against the imperfect. He searches in the field of the body and the bathe the sensible truth and is not satisfied with artificial habits. He also acts in accordance with his own inner conviction and doesn't care about the opinion of the mass. He walks forward on the narrow path of truth and not on the broad path to comfortability and social advantages. He serves God more than he serves the people.

A man like that tries everything permanent and everything new. He doesn't only try to get an answer to the question about the care of the body. He also wants to study other fields of life. He is developped to a searcher, a searcher of truth. If he finds it, he will try to live in accordance with it and to realize it, as he also does when he bathes naked. He belongs to the forces that want something new. Therefore it is no wonder, if the old people are scared and fight against him.

The ancient — what is that? It is the common way of thinking and the social habits connected with this. It includes many good things but also many bad and wrong ones. For instance it is used to a great extent to carry on war. How much is not ugly and wrong in that case? There

are thousands of errors and deficiencies. Lies and deceits, violence and unjustice has been used. All this is the work of man in its imperfectness. Dark powers dominate and reign, and it is only the clear sunlight of truth that can change all this to pure and clean truth.

That explains all the agony and fear of all these men and women who live in darkness and shadow. They are afraid of the light. They avoid it just in the field of life, but naturally also in many other fields. If the light should care about their absurdness, the earth would sink into an eternal darkness.

No, the question is not: "With or without a bathing-suit?" But to a higher degree like this: "For truth and light or for foolishness and darkness?" And the bathing-suit is in this case only a sign of the hiding, the agony, the darkness and nothing else. Nothing tells us that this garment is connected with the sun and the light. Not even the errors and the praising of the fig-leaf of centuries or millenniums can change this. In the Paradise is was the darkness, not the light that thought Adam and Eve to use the fig-leaf. But darkness can never dominate light completely.

The one who denies the truth about the human body and looks for beautifying apparent facts, he also denies the truth as a whole. The one who assents to the body, because he understands the great connection, he has taken a big step towards the truth and will learn to live in accordance with this more and more.

Then everything becomes clear in an inexplicable way. Just look at the faces of the children and the grown up in this book. Let your eye enjoy their naturally beautiful lines and shapes. Isn't everything you see light and good — just like the sun? Don't you trace in the looks of these people more of the undepraved revelation of the child-like pleasure? Can the sight of them entice you to sin and evil thoughts? If that is the case, it exists in your own mind — but not in these good personages. But then you should try to handle these thoughts and banish them. The sun is willing to come to your help. And you will find pleasure.

If children can grow up undepraved in community with free people, the naked bathing will not be a problem to them. Therefore we see with still more pleasure that more and more whole families go to the places where the naked bathing is usual. What groups of nice and happy people! What a good basis for a lighter future!

But families can also easy by instinct and consideration in the circle of their people behave unconstrained by bathing and sun-bathing in their homes, without the outsider's knowing about it.

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But grown up people can make friends with the sun and the free body at some hidden place alone at home. Even this is extremely healthy both for the body and the soul. If they later on find some like-minded people whom they can meet out in the sun at some hidden place, they will find how easy and natural everything is.

Sun for the body and particularly the part of the body which includes the sexual organs! There is the source of the creative power that is a condition for the whole life on earth. This has to be taken good care of in order to make everything lighter and clearer. The reason for everything that the contempt of the body denies us is to be found in a clumsy hiding, in dirtness and contempt. The breaking up of the soul is going on more and more and even if you will realize it, you will be defeated many times before you are familiar with the influence of light.

But it is just as important, if not even more important, for the soul as it is for the body to develop freely.

The magic of the sun! We now know and feel more sincerely how much sun and light have to give us. We get freedom, this wonderful gift. Freedom on earth! God's country among the human beings. Let us devote ourselves to Him who can open our eyes and our hearts! Let us act so that we can be true to ourselves and make this world our paradise.

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IS THE NAKEDNESS NATURAL?

Paul Crousaz

Is it really so natural? People argue about that. There was a time when there was no question whether it is natural to be naked; for instance with the old Greeks. Even the gods were naked — at that time. To-day of course it is different. Not to mention the gods. Just imagine the General Director Svensson naked, the neighbour's wife, Mrs. Karlsson or the school-teacher, Miss Andersson. Then everybody calls out: "God bless us!" Is it nowadays really still natural among us civilized people to go around naked?

What does really "natural" mean? A sensible answer is not at all easy to find. Perhaps one could say: We find a person natural who doesn't think so much of himself, who gets on well with himself, who hasn't a too high opinion of himself and doesn't take himself too seriously. You see, dear reader, that it is almost impossible to give a sensible answer to this question without finding oneself philosophizing. Let us just say: Natural is a man who doesn't make any fuss about himself.

How about the naked people of to-day? Can we say that they don't make any fuss about themselves? Don't they think that they are awfully important? Are they people who have simple, solid principles in life and who live without much sentimentality and reflections? And a psychiatrist could hardly state that nakedness absolutely should be the same as natural. Just as foolish is also the opposite supposition: that every man who likes to be naked when he is swimming, exercising or playing should be comical or abnormal. Thank God, there are in the world many (and every day more) young people, girls and boys, women and men, without any special cult, who by pure joy of living jump naked in the water and run around on the beach, the meadow or the sports field. On closer inspection it is among the naked people just in the same way as among people who wear clothes: there are unfree, comical types and natural, healthy open-minded persons.

Now perhaps somebody asks: why then this theatre about the nakedness, as the effect of both sides is quite the same, and you can't see any difference between the naked people and those who wear clothes? The answer is: the difference is great enough. Let us take a comical, unfree person wearing clothes and a comical, unfree naked person and compare them. Let us then take a natural free person, wearing clothes and one who is naked. What are we able to state then? Among the comical persons the naked one is far more comical than the other one. Among the open-minded the naked person is far more free than the one wearing clothes — just because he is naked. The nakedness isn't at all any characteristic or moral feature "in it-self" it is "in it-self" neither

pure nor impure, neither natural nor unnatural, it is however an intensification as regards the person wearing clothes, a more ardent sun, a dazzling, light sun.

There isn't a more simple thing in the world than a man whose body is naked, open to the world, but whose soul is closed as a hard nut with black, steril contents.

But there is still a hole in our reflection: we said, comparing the both natural, free people, that the naked one seems more free and natural than the other one. Then somebody might ask: "Why? In case that the naked one hasn't got a beautiful body? In that case nobody will find him more natural than the one who wears clothes." Really, the man is right. It seems, however, as if the feeling of happiness that the enthusiasts of the nakedness always are talking about should mean that you feel much more as a part of the whole cosmos when you are naked. But many people forget that the dear fellow-creatures also belong to the cosmos. It is difficult to imagine that a nakedness enthusiast, who looks ugly, might realize anything of his fellow-creature's feeling of inner conformity radiate against him. The beautiful participation in cosmic coalescence changes into a painful isolation. The naked young boy flees in his clothes — or all naturalness, innocence and simplicity flees from him. This alternative seems to be educating. If he doesn't want to be left out, he has to work with himself, until he is able to hold out in the communion.

To be naked, to expose oneself to God and the world is a question of the very Adam- and Eve-condition. Can I claim anything from the world? To be beautiful means to live in peace with everybody. To be beautiful is a duty. Make it easy for the environment to love you — this sentence includes the whole moral of the world. Nobody is more worthy to be hated than a naked man who is a slave under his own body, who approaches love with a bad conscience, whose simple voluptuousness doesn't look at the body as anything else than a rapacious beast of the craving. Nothing on earth is more wonderful than a naked man who doesn't make any difference between body and soul, who winged and free, beacuse he hasn't to use any strength to restore the inner order, who dares to give himself up completely, as he doesn't hurt anybody.

Every young boy who reads this and looks at his body and feels uneasy, ought to take out his Bible and read the gay message that there are many kinds of beauties; so many that every man can be beautiful in his way. The soul isn't superior to the body, but the body isn't either superior to the soul. The soul ennobles him too. He can put his uneasiness on ice, put on his clothes and leave the common nakedness, the beauty of the youth and without envy rejoice together with the well-shaped, gay boys and girls, Adam's and Eve's eternal children, who are dancing in the sunshine on the beach like gay dragonflies at the sea.

MERRY CHRISTMAS

and

A HAPPY NEW YEAR!

from

THE NATURIST LIFE

The men of the Uaupa-tribe wear a hip-wrapper, while the women are completely naked. On the contrary the men of the Guacurutribe that lives near the Andes are naked, while the women wear a "uluri" or a short skirt of bark or leaves as a kind of protection against the insects.

In the mountainous country, where the frontiers of Brasil and Venezuela coincide at the mouth of the Orinoco-river, two completely naked tribes live, the Quahaaribo- and Quarica-tribes. Their only adornments are the bird-feathers in the long hair. These tribes make regular hunting trips up to the cold mountains, but they are naked the whole year and so well trained that the change from the tropic heat at the Orinoco-river to the snow on the mountains doesn't mean anything to them, and they don't cover their bodies even at a strong wind in these cold regions.

While we are on the South-American continent we must not forget a people whose life is a constant struggle against the natural powers — the naked Fuegians in Fuegia. Their cultural standard is very low — their counting system ends at five — and the family is their highest social unit. But as regards health and perseverence they can stand the comparison with many more civilized people. They live from hunting and fishing and have the courage to row very far out in the big lakes by their small boats. They live under unusually hard conditions and have to struggle against starvation continuously owing to the hard climate and the unsureness in connexion with that.

II.

When the white man in 1788 for the first time settled down in Australia, the country was inhabited by half-nomadic tribes of naked, chocolate-brown inhabitants who never had a fixed dwelling, who didn't cultivate the land and whose only domestic animal was the Australian dog (dingo). Then the population was about 300.000, but nowadays there are not more than about 52.000 real natives.

These Australian natives, whose average height is 167½ cm. par some of them reach 183 cm.), are completely different from all other naked people, of whom we have talked in the preceding articles of this series. They belong to a race group that has been called the Australian, and whose physical qualities are different from the negroes, the Mongolian and Milanesian people, f.i. by a thicker brain-pan, very low forehead, a nose-root pressed together, very big nostrils, a big mouth and a small chin, while the arms and the legs are thin and the back is small. Another conspicuous quality of this race is their very straight bearing, and it seems as if the complete lack of clothes is one of the facts that have contributed to their flexibility and their strong and straight bearing.

It is not known surely from where the Australian race originally came, but probably it was from the south of India, where petrified remains of people with

We invite . . .

our readers to write to us expressing their views and opinions on the contents of our journal.

If there is anything special you would like to read about, or if you have anything concerning naturism that you would like to have brought up for discussion, then let us hear about it.

The Editors.

Naked living people around the world

By Joy O. J. Spoczynska

On our trip around the world to the naked living people we notice that Africa is not the only place where we find people who live and work completely naked the whole year, and we don't find these people ónly in tropic countries but also at cold, windy and rainy places.

On the west islands in strech of Torres the men are completely naked, while the women wear a little bundle of grass or leaves as an adornment. In this way they are alike the inhabitants on the Pellow-islands in the Pacific, where the men also are naked but the women adorn themselves with a little apron of leaves from the pandandus-tree.

The Andaman-islands in the Bengal bay are inhabited by a dwarf tribe, where the men are 148 cm. tall and the women 130 cm. on an average. In spite of the fact that these savages are backwardy in many ways, "they can stand the comparison with many civilized people as regards honesty and self respect, but they don't wear clothes." (The Antropologic Institute's journal, 1883).

The half-naked savages on the Nias-islands, the biggest group of islands outside the westcoast of Sumatra, are a very hospitable people of Indonesian origin. They live in cottages on poles and are farmers who have specialized in swine-breeding. They deal in coco-nuts and oil with Malaya and are very clever craftsmen in gold, silver and wood. Modigliano writes in his "A Voyage to Nias" on page 460, that they are "Decent by nature and don't pay attention to their own or other people's nakedness". He also says that they have a very high moral standard and transgressions in this sense are punished severely.

In Central Brasil the Trumai-indians at Matto Grosso only wear a red string around the breast, while the Bororo-tribe that lives in the country between the rivers of Paraguay and San Lourence, only wears a belt. At these places neither the string nor the belt hides anything at all.

The Bororo-tribe that lives from hunting and fishing, is very harsh. The boys are educated in special houses. Their marriage system is severely monogamous and adultery is punished very hard. Even if the husband or the wife by any chance would decide to take the unfaithful partner in favour again, the tribe doesn't permit that, and the sinner is excluded from the tribe.

of use to themselves, not only during some short holidays but the whole summer and during the other seasons too if it is possible. The modern housebuilding gives unsatisfying possibilities for complete sun-bathes at home (but it seems as if most of the housewives don't take advantage of the possibilities that exist to sun-bathe, at least wearing little clothes). If there were greater possibilities in the homes, no doubt more women would be naturists, even if they would not be club members. But now just the clubs offer possibilities much beyond what people generally can afford, even if they have a big and well hidden garden. Besides the club offers a nice social centre.

It has often been stated that the naturism is a form of recreation that can unite the whole family at the same time. This is very true — the naturist clubs offer ideal places for family picknicks and camping — but there is another point of view that — at least as regards our club — makes it still more attractive for the women, specially when the children have their meals at school: is is that the woman — if she lives relatively near the club — has the possibility of taking advantage of a common weekday. Probably it would be good news for many naturist husbands to get to know what use his wife has of the club during nice afternoons. They go there on bicycles — often with a baby in the packet-holder — or by foot with a perambulator, accompanied by nurses and teachers on leave.

The thought of the appearance probably makes many a woman hesitate before she joins a naturist association. On that point I think that many naturist magazines are rather misleading, as they show only young and attractive girls at the pictures. This probably causes that many women, whose figures show traces of childbirths or old age, fear disadvantageous comparisons. In fact the "perfect figures" are more rare in the naturist clubs than outside them — where they can be improved by artificial means — and apart from this the naturist doesn't judge the people after the appearance but after the personality. The women in the club vary in beauty and grace — just as everywhere else.

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similar features have been found, people who lived there thousands of years ago on a very low level of culture, living from hunting and fishing. They have moved over to Ceylon and Malaya and then probably they found the Australian continent convenient for them.

We don't know for how long time they have lived in Australia as no remains from very old times have been found in this country, in spite of the fact that this problem has been investigated with a very great interest by leading Australian antropologists. Talking for the probability of such an immigration is the known fact that the natives in the northern coast-regions have no great respect for water, as they defy dangerous tide-streams by their very simple rafts, while at other places they use bark canoes and later on canoes of hollowed trunks, which is a typical Malayan importphenomenon.

The Australian native is above all an excellent mark-finder. A bowed straw of grass, a stone slightly moved from its former place, the least step from an animal — nothing escapes his attention. The Australian police have found individuals among these natives who have become invaluable as regards searching for criminals.

The natives can live for weeks at places where the white man would perish. They use for food almost everything from kangaroos, emues, serpents and worms to ants, larvas and crocodile eggs. Differently from other native people they have their own methods of treating wild plants, nuts and fruits, making them fit for human food.

They are brave hunters. Their most important weapons are the spear, the bumeran, the stone-axe and the stone-knife.

Another conspicuous feature of these people is their ability of finding water even in the most dry regions. The know exactly where to dig a water-hole in the sand, where to find a rock-hole filled with rainwater, what kind of trees have water-sucking roots and where they can find seeds that collect water-supply during the rain-period, reserved for the dry period.

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The women in the naturist clubs

One of the most true tringe that has been said about the naturism is that its future is in the hands of the women. When women and young girls have been completely convinced about the usefulness of its practising, the naturism will go forward with very long strides — not only because the man wants to comply with the women's wishes, but also because there are many families at present that stay away from the naturism on account of the fears of the wives. My intention is to try to divert some of these fears.

I was in doubt when I visited a naturist club for the first time, in spite of the fact that I had no prejudices. From the point of view of health I was completely convinced about the worth of sunshine and the necessity of letting the whole body enjoy it: as a nurse during the war I basked in the sun naked very often at my spare-time. But it seemed to me to be a great difference between sunbathing together with one or two other girls and later on with my husband and mixing with lots of other people, perhaps even strangers of both sexes, — the same thing probably worries many of the female readers. I know now that this difference only is a question of social adaptation.

When my husband told me — it was some years after the war that he had arranged a weekend for us in a camp, I became nonplussed, and it took me a good while before I could accept it. (First a long time afterwards I got to know that he made the reservation definitely after my acceptance). When the day came, it was irrevocable, I had the advantage of an ideal surrounding, where everything but naturism seemed out of place, but apart from that I have seen my own experience shared by many other women. After this first weekend we decided to form a new naturist club in our neighbourhood, as we had none there — now over a hundred families belong to this club, apart from childless couple and other young people.

As I already mentioned it was the reasons of health that were of interest to me: I had seen sick children of all ages staying in the sunshine, strengthen their bodies wearing only small "bikinis". How many people don't go to the clinics and get ultraviolet treatment without thinking of the fact that they can get these rays complete gratuitous — in the sunshine. Many mothers are prepared to take their children to a hospital, if it is necessary, but they don't let them enjoy the sunshine at home, and still more mothers forget that these rays that cure their children, can be

By this I don't say that the naturism is not advantageous for the figure and the appearance on the whole. I have noticed that the signs of old age disappear — the skin gets fewer wrinkles — and it is really wonderful how much the scars of operations bleach and disappear after long radiation of the sun. Some women are painfully conscious of their scars, but it is something that people don't notice out in the open air, and besides the sun tan hides them very soon. An "impossible" figure is also less conspicuous naked — I know it. because I have one!

The games and movements in the fresh air which the naturist clubs offers, are naturally very beneficial too: the naturists have a freshness and a vitality in their appearance that is very stimulating. Some of the most "youthful" naturists that I know have already completed their sixtieth! The clubs that have a swimming pool, have the best possibilities of an activity that keeps the muscles in form.

Perhaps I should mention that all clubs let the women keep the clothes on on the first visit — while she mentally acclimatizes. They have also a complete understanding for the need of shorts on certain occasions nor is it necessary to undress, if the weather is bad. Generally it is a consolation for the newcomers to know this. The club can also put the newcomer in contact with another woman member, if she wants to discuss the naturism seen from the female point of view, before she "takes the spring". Only in this way individual questions can be answered satisfactorily, but the best answer to the sceptical attitude that many women have who have never been at a club, is the sorrow many women members show that they have not been there before. How often have I not heard women saying: "When I think of all these years John has tried to persuade me to come — before I finally made up my mind — I want to hit myself."

During the last five years I have seen lots of hesitating wives, mothers and fiancées quickly become passionate enthusiasts. I have seen friendly relations started at the club blooming to romances, engaged couples marrying and coming back with their first child I have seen small children (included my own child) developping to strong, sun-tanned boys and girls becoming women. I have seen young people bringing along their parents to the club and elderly people bringing their grown up children. I have seen people being enchanted to meet friends, relatives and comrades whom they never thought to be naturists. I have seen our club repealing social ranks, apparently insuperable, and arranging friendly relations that have given new joy of life to many people. I have met interesting people from all categories and from many different countries, among these some German girls who are born and brought up in the movement who are living testimonies of its beneficial influence.

I have a feeling that there are many arguments that I have only touched superficially. Another reason why the women would join the naturism is the relaxation from the housework, the tranquility when the children are playing with their comrades without soiling their clothes, the facility of preparing delicious meals, the sound opinion of life in general, which is so beneficial to the growing generation. I hope that I have given at least some wives and young girls a desire to try the naturism. For its future is in their hands.

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